



GRETCHEN WHITMER
GOVERNOR

STATE OF MICHIGAN
DEPARTMENT OF HEALTH AND HUMAN SERVICES
LANSING

ELIZABETH HERTEL
DIRECTOR

10/2/2021

RE: COVID-19 Exposure

Dear Kinder3 DHHS-TEST,

The Barry-Eaton District Health Department and Michigan Department of Health and Human Services have been recently informed of a case of Coronavirus Disease 2019 (COVID-19). You have been identified as a person who may have been exposed to this case. Due to this possible exposure, we ask that you stay home, self-quarantine from others, and self-monitor for the signs and symptoms of COVID-19 through at least 10/2/2021. Self-quarantine is the best way you can help your family, friends, co-workers, and community members stay healthy.

To help stop the spread of COVID-19, we urge you to take the following precautions:

- Reduce additional possible exposures to COVID-19 by avoiding close contact with people who are sick and observe general social distancing guidelines.
- Wear a face mask that covers your mouth and nose when you are around others, even within your own home.
- Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol if soap and water are not readily available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes using the inside of your elbow.
- Clean and disinfect frequently touched surfaces daily.
- Observe for signs and symptoms of COVID-19. Be sure to get care if you feel worse or think it is an emergency. If you need to seek care, call ahead to let them know that you may have been exposed to COVID-19.

A 14-day quarantine is the best way to reduce the risk of spreading COVID-19 to others. You are still expected to follow the precautions above, monitor yourself for symptoms daily, and wear a mask when you are around others. During your period of self-quarantine, you have the right to stay home from work.

If you need assistance during this time talking to your employer or any other assistance please call Michigan 211.

More information about COVID-19 is available at [Michigan.gov/Coronavirus](https://michigan.gov/Coronavirus) and [CDC.gov/Coronavirus](https://cdc.gov/Coronavirus). If you become sick or have questions about your specific situation, please call your health care provider. If you, your employer, or your school have other questions regarding COVID-19 or this letter, please call Barry-Eaton District Health Department. To find the contact information for your local health department, please visit:

<https://bit.ly/LHDLocator>

Thank you,

Alexis D. Travis, PhD
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Michigan Department of Health and Human Services (MDHHS)